



NEWS IN A "HEARTBEAT"



Peninsula MRC Volunteers to date = 292 Approved Level 1, 2, 3 volunteers

WELCOME December VOLUNTEERS: No new recruits; recruitment ad slated for February.

THANK YOU: Volunteers who served or trained in **December** : Leah Cassada, Fran Doyle, Sidney Fink, Romeo Toro McKenzie, Patricia Olson, Sherri Rice, Beth Sigler, Barbara Smith

Events: Mass Fatality Response Team Intro Polycom, H.E.R.T. RRMCC Shadowing, Psychological First Aid Training, IS-22, IS-700, and Program Support.

18 Volunteers Provided 45.50 Hours of Service; 43.5 Non-Medical and 2 Medical and 2 VVHS Alerts were sent.

Happy Holidays!



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 0 BP Screenings in December 2013.

Peninsula MRC Newsletter...

Starting in 2014, the Peninsula MRC "News In A Heartbeat" publication will move to a quarterly publication.

If you would like to contribute to the publication, please submit your ideas to

Teresa.Winstanley@vdh.virginia.gov for review. We are also looking for volunteers to help us manage the quarterly publication, so if you have an eye for graphics, please and you can give 8 hours a month to this task, please let me know.



Peninsula Pipeline of Events...

January 2014:

- *Homeless Connect Regional Event
- *ICS-100 Classroom training

February 2014:

- *First Aid/CPR/AED for H.E.R.T.
- *Psychological First Aid for H.E.R.T.
- *Hands Together Homeless event

March 2014:

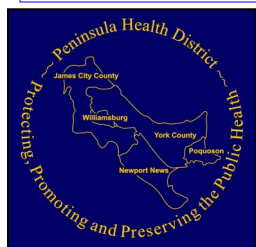
- *Regional Influx Blast/Burn MCI Exercise
- *Rabies Clinic (Tentative)

Please watch your email alerts for details and to register.

Please remember to select available or unavailable inside of the alerts.

Blood Pressure Screening Opportunities..

If you are a licensed medical professional (RN, LPN, PA, EMS, etc.), or have completed the Blood Pressure Measurement Specialist Course, the Peninsula MRC has underserved sites across the Peninsula and in Hampton where routine blood pressure screenings are needed. These screenings are generally conducted in coordination with the USDA Food Distribution. Some sites are monthly, while others are quarterly. The time commitment per visit to a site is 1 to 1.5 hours. You can work out your schedule with the Site Coordinator. Please contact the Peninsula MRC Office at 757-594-8045 or Teresa.Winstanley@vdh.virginia.gov for more information. Many lives have been saved providing this much needed service in support of the Million Hearts Campaign.



Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia
(read more on Page 2)



The Peninsula MRC Needs Leadership Volunteers...

Are you a go getter? Do you have drive and motivation? Are you interested in learning leadership skills that you can apply in real-life situations? Are you interested in working alongside of VIP's in Emergency Management?

Peninsula MRC is a very robust, progress/forward thinking Unit.

PenMRC is also located in a very transient (i.e. Military) area where volunteers often "pass through". However, PenMRC is looking for volunteers to empower who are willing to grow and develop both personally and professionally while at the same time help build capacity for the MRC.

Give me a call today!
Teresa: 757-594-8045



Exercises...

[Peninsula MRC EP & R Exercise Calendar](#)

Public Health Outreach... Is still a big part of the day to day operation in Peninsula MRC.

To see where we are providing important services in the near future, visit:

[Peninsula MRC Public Health and Outreach Calendar](#)

Training...

Is still the gateway to rapid deployment during a disaster.

[Eastern Region Training Calendar](#)

(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)

Contact Information:

Peninsula Medical Reserve Corps | Peninsula Health District
416 J Clyde Morris Blvd.
Newport News, VA 23601
Main: 757-594-8045 | Fax: 757-594-8612

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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<http://www.youtube.com/watch?v=uPq-WRAARTw&feature=youtu.be>



Peninsula Medical Reserve Corps Virginia



E-NEWS FLASH FROM PENINSULA MRC—DECEMBER 2013 VOL. 2

Volunteers Protecting the Health of Virginia